

Table 3

### A la Carte Foods Criteria Healthier Montana Menu Challenge

	<b>Criteria for Sales/Service of A La Carte and /or Vended Items</b> These criteria focus on decreasing fat and added sugar, increasing nutrient density, and appropriate portion size for students.
<b>Approved Beverages</b>	<ul style="list-style-type: none"> <li>• Low-fat (1%) and/or fat-free (skim), flavored or unflavored, meeting state and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages. Must be limited to a maximum of 8 fluid ounces.</li> <li>• 100% (full-strength) fruit and vegetable juices with no sweeteners (nutritive or non-nutritive), must be limited to a maximum of 6 fluid ounces</li> <li>• Water must be non-flavored; no sweeteners (nutritive or non-nutritive); non-carbonated and non-caffeinated.</li> </ul>
<b>Any Other Individual Food Sales/ Services</b>	<ul style="list-style-type: none"> <li>• <b>Calories from total fat</b> must be at or below 35%, <i>excluding nuts, seeds, nut butters, and reduced fat cheeses</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat in each food item by 9 to equal calories from fat.</li> <li>• <b>Calories from trans fat</b> must be less than 0.5 grams per serving. (“trans-fat free”)</li> <li>• <b>Calories from saturated fat</b> must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat in each food item by 9 to equal calories from saturated fat.</li> <li>• <b>Sodium</b> must be ≤480 mg per side dish/non-entrée serving and ≤600 mg per main dish/entrée serving.</li> <li>• <b>Total sugar</b> must be at or below 35% by weight. This is determined by dividing the grams of sugar in each food item by the gram weight and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits, vegetables, and milk as defined above.</li> <li>• <b>Portion sizes</b> for a la carte sales in the school cafeteria are not to exceed the minimum serving size of the food served in the National School Lunch Program/School Breakfast Program; for other sales (such as vending machines) the item package or container is not to exceed 200 calories.</li> </ul>

Adapted from the USDA’s HealthierUS School Challenge *Criteria for the Sale/Service of A la Carte or Vended Items*: <http://www.teamnutrition.usda.gov/HealthierUS/index.html>. Updated January 2009.

Updated January 2009

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